Spice up your chicken

Turn up the heat on a dinner staple with recipes that feature curry and Creole sauce PAGE 11

HOLLYWOOD PUTS NEW SPIN ON OLD FAVES

SPIDER-MAN LATEST FILM TO GET A REBOOT PAGE 8

REGINA metro®

Wednesday, July 4, 2012

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Durant's the man

Leading the league. Veteran Roughriders QB named the CFL's offensive player of the week following strong start to the season

JEFF MACKEY
jeff.mackey@metronews.ca

Darian Durant's potent performance in the first week of the 2012 CFL season set the bar high — and Riders fans weren't the only ones to take notice.

On Tuesday the league named Durant the CFL's offensive player of the week.

"I appreciate the award, but we are back at it and getting ready for Edmonton," said Durant. "It's only one week. I don't want to get too high or too low on what we are doing; we still have a long way to go."

Durant sounded every part the steady veteran quarterback when addressing the media Tuesday after practice.

"The more you play the game, the more mature you get and the better decisions you make," said Durant. "I don't have the world on my shoulders and I don't have to do everything; I just have to execute the system and let the playmakers make plays.

"You do have to bring your A-game each and every week in this league.... We are going to see in a couple weeks where we really are as an offence."

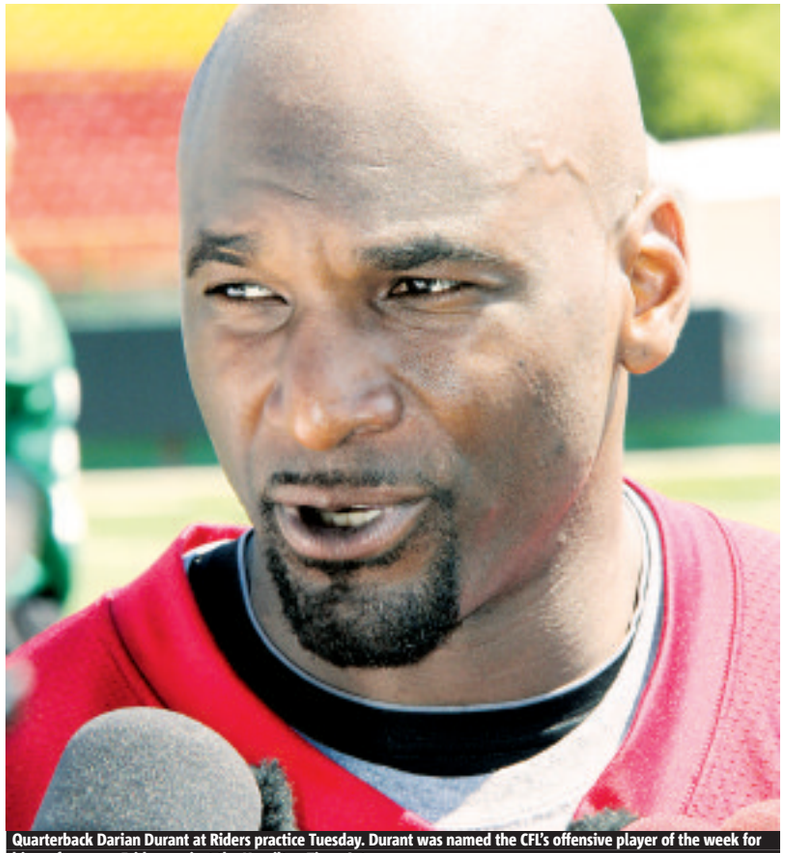
Head coach Corey Chamblin made his expectations clear at Tuesday's practice.

"Every week we have to get stronger. We won't only look at last week; we have to see what is the best fit for each week," said Chamblin.

"There is a lot at stake every time we step on this field and we have to humble ourselves or this game will humble us."

Rider Nation's hopes are cautiously high after last Friday's commanding win against the Hamilton Tiger-Cats. The team gelled into a cohesive unit and players like Darian Durant, Weston Dressler and Kory Sheets all had outstanding games.

Follow Jeff Mackey on Twitter @MetroJeffMackey



Quarterback Darian Durant at Riders practice Tuesday. Durant was named the CFL's offensive player of the week for his performance Friday against the Hamilton Tiger-Cats. JEFF MACKEY/METRO

Stadium undergoing renovations

Riders play home opener this Sunday

At Tuesday's hot and loud Roughriders practice, the team began their preparations for Sunday's home opener against the Edmonton Eskimos. Mosaic Stadium, much like the Riders team, is currently undergoing renovations.

During practice on Tuesday, welders were re-attaching seats, cranes were moving supplies and drills were grinding through metal while the team worked at nailing down their game plan on the field.

JEFF MACKEY/METRO

Invested in Regina

Mayoral candidate Meka Okochi lays out his vision for the city's economy in a five-point plan that includes accessible housing PAGE 2

Living in a hostile climate

Wildfires, heat waves, freak storms — if you were wondering what global warming looks like, this is it, scientists warn PAGE 3

Officials search Sarkozy's home

Investigators hunt around ex-president's home amid suspicions he accepted illegal campaign donations from L'Oreal heiress PAGE 4

Think 'five' for family fun this summer

Remember Metro's five tips for travelling with the kids and you will keep your sanity and be ready for anything — even riding an ostrich PAGE 10

Will Murray finally conquer Wimbledon?

With the home crowd cheering him on, Andy Murray, a.k.a. the Great British Hope, is just two wins away from becoming the first British man to reach the final at the All England Club since 1938 PAGE 13

1

NEWS

On the web

Pitt bro finds the limelight

Doug Pitt has had a rough life. The non-famous Pitt has had to compete with his movie star brother Brad all his life. But the younger sibling is finally getting the attention he deserves in his first-ever endorsement, which highlights just how amazing (and ordinary) his life is. Go to metronews.ca to read the full story.

Mobile news

Talk about your peaks and valleys. Superstar screenwriter Aaron Sorkin, still basking in the warm glow of his Oscar win for The Social Network, is suddenly now the object of scorn and ridicule. Scan the code to watch the video that has everyone talking.

Mayoral candidate Meka Okochi released his economic platform for the city on Tuesday. He says there are investment opportunities in Regina that have yet to be realized. CARRIE-MAY SIGGINS/METRO

Mayoral candidate Okochi releases economic platform

Five-point plan. Includes developing industrial land, attracting skilled labour and accessible housing

CARRIE-MAY SIGGINS
carriemay.siggins@metronews.ca

Mayoral candidate Meka Okochi released his economic platform Tuesday, outlining his vision for the city.

Okochi's fifth platform to be released so far this election, it names a five-point plan to "keep Regina's economy strong."

"This is a great time for Regina," said Okochi. "But I want to start building the next set of opportunities, taking our economy beyond just the resource sector. What are the next opportunities for economic growth?"

One of these future opportunities, as Okochi sees it, is further developing the industrial area between Regina's west side and Moose Jaw. Okochi believes that there are untapped international investment opportunities on that land that Regina could greatly benefit from. "We can attract more industries, and see a symbiotic relationship between those industries."

Another of the five points is accessible housing, an issue Okochi believes is in a large part economic. "I know people see housing as more or less a social issue. I see it as more. I think it's an economic imperative. We need to really focus on housing."

Okochi says he would take a collaborative approach to addressing Regina's housing problems, including assembling a group comprised of different organizations from both the private and public sectors.

"I'm not interested in endless studies," says Okochi. "I want this to be an action-based group that draws on the key sectors relevant to housing."

Okochi says that the issue of housing is closely tied to another point listed on his platform — the attraction and retention of skilled labour and post-secondary graduates.

"Whether you're coming from a new country," says Okochi, "whether you're from the university, the question is where will I live when I leave school? It's a real fundamental economic issue."

Okochi adds that he also recognizes the importance of the arts, and would increase funding to arts groups. The increase in funding would come from the money saved after finding efficiencies within city hall.

$293-million deficit

City hall's pension troubles continue

A report presented by a City of Regina committee on Tuesday showed that the pension plan for city employees has a staggering $293-million deficit. The pension plan has been a contentious issue in recent years and some have called for increased contributions from both employees and the city. The pension plan covers 6,700 people in jobs ranging from library workers to health region employees and city workers. METRO

Truck-car collision

Highway 11 crash sends two to hospital

Craik RCMP, fire department and EMS were called to a crash involving a southbound semi truck and a westbound car on Highway 11. A 38-year-old female driver of the car was transported to hospital via a STARS helicopter; a two-year-old girl was also taken to hospital by EMS. METRO

Serious injury

80-year-old woman robbed, sent to hospital

On Monday at approximately 1 p.m., an 80-year-old woman was walking home from the Parkland Mall in Yorkton when she was attacked and robbed by a man in all dark clothing. The victim sustained serious injuries as a result of being pushed to the ground and was transported to hospital. The suspect is described as a native man in his 20s, with a short and slim build, wearing a dark hooded sweater and dark pants. METRO

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Occupy Toronto. Officer who admitted to punching a protester is cleared

Ontario's police watchdog has cleared a Toronto police officer who says he punched an Occupy Toronto protester in the face during an arrest.

The Special Investigations Unit says it's unclear whether the force was "excessive," when considering the level at which Angela Turvey was resisting arrest.

The SIU says Turvey, 37, had a broken nose, a black eye and required seven stitches above her right eye.

But it wasn't clear whether the injuries were from the punch or her head hitting the ground during arrest.

SIU director Ian Scott says while he believes Turvey was punched in the face, she was interfering with the arrest of another protester and there are no reasonable grounds to criminally charge the officer.

The SIU says security video shows Turvey refusing orders to back away from police during a man's arrest, swinging at officers, then after the punch struggling on the ground with police as she is arrested.

The scuffle took place outside a downtown Toronto courthouse on University Avenue on March 30, a day when five Occupy protesters were arrested earlier when police moved to evict them from a camp set up near city hall.

The group had already been removed several months earlier from its original camp at St. James Park.

SIU investigators interviewed six officers and 14 other witnesses. The team also examined security footage of the incident.

THE CANADIAN PRESS

Worldwide protests

The international Occupy movement has been fighting for social and economic equality.

- **Raids.** The movement has slipped from the headlines since police raids on its protest encampments in Canada and the U.S.
- **The beginning.** Its original camp was near Wall Street in downtown New York.

In the heat of the moment, blame global warming

But is it the culprit?

Scientists cagey: Too early to say it's behind some wacky weather

Melissa Mgana kisses her five-year-old daughter Sofia amid the ruins of their home in Colorado Springs, Colo. It was destroyed in a wildfire on the weekend. HELEN H. RICHARDSON/DENVER POST/THE ASSOCIATED PRESS

Hot enough for ya? Is this what global warming has in store for us?

Just look at North America's weather picture in recent weeks: Horrendous wildfires, oppressive heat waves, devastating droughts and flooding from giant deluges.

Weather expert Kevin Trenberth calls it "I told you so" time.

The head of climate analysis at the National Center for Atmospheric Research in fire-charred Colorado says he warned of these record-breaking conditions, but many people wouldn't listen.

Jonathan Overpeck, professor of geosciences and atmospheric sciences at the University of Arizona, goes further.

"This is what global warming looks like at the regional or personal level," he says.

He adds: "This is certainly what I and many other climate scientists have been warning about."

But climate scientists also warn it's far too early to say global warming is the cause of the wacky weather. It takes intensive study, complicated mathematics, computer models and lots of time, they say.

Weather is always variable, they stress. Freaky things happen.

THE ASSOCIATED PRESS

Turn on the air conditioning ... please

Is the world warming up? Listen to the scientists.

- Since Jan. 1, the U.S. has set more than 40,000 hot-temperature records, but fewer than 6,000 cold ones, says the National Oceanic and Atmospheric Administration.
- Through most of last century, the U.S. used to set hot and cold records evenly, but since 2000 America has set two hot records for every cold one, says climate expert Jerry Meehl of the National Center for Atmospheric Research.

Furry find

Now their car's running purrfectly

Two women pulled into Rob Clarke's auto-repair shop in Komoka, Ont., and complained of "meows" coming from the engine.

Clarke popped open the Mercedes Benz's hood and found … a kitten was lodged toward the back of the engine. The kitten — aptly named Mercedes — is now in a local foster home. No one's really sure how long she was under the hood. But it's believed her ride included a brief stint at high speed. METRO IN LONDON

Spending furor

Bev Oda quits, shuffle on way?

International Co-operation Minister Bev Oda resigned Tuesday, giving Prime Minister Stephen Harper the space he needs for a cabinet shuffle this summer.

Oda's spending habits sparked a furor this year when it was revealed she had rejected one five-star hotel in London, England, for another, more luxurious one at more than double the cost. She also hired a luxury car and driver for an average of $1,000 per day.

THE CANADIAN PRESS

Mall collapse

OPP launch probe into roof collapse

New information has forced the Ontario Provincial Police to launch a criminal investigation into a fatal mall-roof collapse in Elliot Lake, Ont.

Two women were killed June 23 when the roof of the Algo Centre Mall caved in. Ontario Premier Dalton McGuinty announced a public inquiry following an outcry about why search-and-rescue efforts were temporarily called off two days after the accident.

THE CANADIAN PRESS

Firm won't shun tests over $3-billion Far North project

A U.S. firm sinking more than $3 billion into "responsibly mining" an ecologically sensitive part of the Far North says it is in its best interests to go through rigorous environmental tests.

Cleveland-based Cliffs Natural Resources holds key mining rights to a resource-rich area inside the Ring of Fire, about 500 kilometres northeast of Thunder Bay, Ont., in the James Bay Lowlands.

The Ring, named after a Johnny Cash song, is estimated to contain nearly $30 billion worth of chromium — used to make stainless steel.

At least 1,200 jobs are expected to be created by Cliffs investment.

Already, environmentalists and First Nations are raising potential red flags.

But Cliffs said it is doing everything it can to safeguard the land, water and animals as it proceeds.

This is a signature project for Cliffs and environmental protection is at the forefront, said David Cartella, the company's vice-president of global environmental affairs.

"A robust environmental assessment process is in our interests as well," Cartella said Tuesday. "We certainly don't want to go forward with that kind of investment and have it shut down."

Cliffs plans to submit an environmental assessment by early 2013 — which they say they'll create with First Nations communities.

TORSTAR NEWS SERVICE

This undated photo provided by the Facebook group HelpAndrewOberle shows graduate student Andrew Oberle sitting with a chimp. THE ASSOCIATED PRESS

Chimps who attacked U.S. student will live

Two adult chimpanzees that attacked a U.S. student at a primate sanctuary in South Africa were defending their territory and will be allowed to live, the lead government investigator said on Tuesday.

Conservationist Dries Pienaar blamed human error for Thursday's attack.

But one of the sanctuary managers, Eugene Cussons, said he did not blame Andrew F. Oberle for crossing between two safety fences to retrieve a rock that the chimps were in the habit of throwing at tourists.

Oberle was in critical condition and in a medically induced coma in the hospital by Monday night. On Tuesday, doctors refused to describe his condition, saying his family, who have arrived from the United States, are traumatized and asking for privacy.

Pienaar told The Associated Press that the chimps tore off one of Oberle's testicles and some fingers from one hand as well as mauling his head. This was "to my astonishment, I couldn't believe it because I know those chimps personally," he said.

He said he found no negligence on the part of the Jane Goodall Institute's Chimpanzee Eden SA in eastern South Africa. THE ASSOCIATED PRESS

Ex-president's home searched in election probe

France. L'Oréal heiress suspected of providing illegal campaign cash to Sarkozy's party during 2007 election

French investigators searched the home and office of former president Nicolas Sarkozy on Tuesday as part of a probe into suspected illegal financing of his 2007 presidential campaign by the L'Oréal cosmetics heiress, an official said.

Potential legal troubles have threatened Sarkozy since he lost the presidency to Socialist Francois Hollande in May elections. Sarkozy, who lost his immunity from prosecution on June 15, denies wrongdoing.

Judge Jean-Michel Gentil and other investigators from the Paris financial crimes unit conducted the search of Sarkozy's home and office, the official said. The official spoke on condition of anonymity because he was not authorized to be publicly named discussing an ongoing investigation.

Former French president Nicolas Sarkozy THE ASSOCIATED PRESS FILE

The probe centres on the finances of France's richest woman, L'Oréal cosmetics heiress Liliane Bettencourt.

A long-running family feud over her fortune ballooned in 2010 into a multilayered investigation and political affair. Allegations emerged that Bettencourt provided illegal campaign cash to Sarkozy's party during the 2007 campaign. Sarkozy vigorously denies the claims.

The allegations struck a chord with Sarkozy's critics, who were frustrated by Sarkozy's handling of the recession-hit economy and saw him as too cosy with the rich. THE ASSOCIATED PRESS

Myanmar opposition leader Aung San Suu Kyi THE ASSOCIATED PRESS FILE

Myanmar? Suu Kyi defiant after being told to stop calling it 'Burma'

Myanmar opposition leader Aung San Suu Kyi sees nothing wrong with calling her country Burma even though the government objects.

Opposition activists have used the name Burma as a form of protest against the now-defunct army junta that renamed the country two decades ago.

Myanmar's election commission complained last week that Suu Kyi repeatedly called the nation Burma during her recent trips to Thailand and Europe. The commission said Suu Kyi should stop and should respect the constitution.

Suu Kyi retorted that the name was altered in 1989 "without consulting any public opinion." She says she will use whatever term she wants. THE ASSOCIATED PRESS

Libyan Canadians make their vote count

Asma Eshakshuki, middle, smiles as she waits alongside fellow Libyan-Canadians to vote during the first day of the Libyan National Congress Elections in Ottawa on Tuesday. Canada is one of just six countries with Libyans living abroad that are making voting available. The others are the United States, Germany, the United Arab Emirates, Jordan and the United Kingdom. Libya will vote on July 7. SEAN KILPATRICK/THE CANADIAN PRESS

New York tradition

Hot dog champs weigh in to defend titles

The two defending champion eaters and their challengers gathered with Mayor Michael Bloomberg on Tuesday for an official weigh-in ahead of New York's annual July 4th hot dog-eating contest.

Joey Chestnut and Sonya (The Black Widow) Thomas, who will defend their titles Wednesday, weighed in at 210 and 100 pounds, respectively. Chestnut is vying for his sixth straight victory. The contest has been a New York tradition for 97 years. THE ASSOCIATED PRESS

Disease prevention

U.S. clears first over-the-counter test for HIV

The U.S. Food and Drug Administration has approved the first over-the-counter HIV test, allowing Americans to check themselves for the virus that causes AIDS in the privacy of their homes.

The OraQuick test detects the presence of HIV in saliva collected using a mouth swab. The test is designed to return a result within 20 to 40 minutes.

Government officials estimate one-fifth of the 1.2 million HIV carriers in the U.S. are not aware they are infected. THE ASSOCIATED PRESS

Lagginhorn summit

5 foreigners die after climbing Swiss mountain

Police say five foreign climbers have died in a mountain accident in Switzerland near the Italian border. They said the mountaineers successfully reached the 4,010-metre Lagginhorn summit on Tuesday but plunged more than several hundred metres to their deaths after beginning to descend.

A sixth member of the group who had stopped before reaching the summit immediately alerted rescue authorities, but the five climbers died on the spot. THE ASSOCIATED PRESS

Syria runs torture centres to fight uprising: Group

Syrian security forces are running more than two dozen torture centres where captors punch staples into detainees' skin, tear out their fingernails, beat them with sticks and administer electric shocks to their genitals and other body parts, an international rights group said on Tuesday.

The New York-based Human Rights Watch said the frequency of torture in Syrian detention centres could constitute crimes against humanity and called for international action.

"The systematic patterns of ill treatment and torture that Human Rights Watch documented clearly point to a state policy of torture and ill treatment and therefore constitute a crime against humanity," the group said.

It called on the United Nations Security Council to refer the situation in Syria to the International Criminal Court in the Hague and to impose sanctions on those who practise or oversee torture. THE ASSOCIATED PRESS

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RIM boss goes on the defensive

'Nothing wrong.'
Heins attempts to cast tech company's current challenges in a positive light

Research In Motion CEO Thorsten Heins THE CANADIAN PRESS

Research In Motion chief executive Thorsten Heins was on the defensive Tuesday, insisting "there's nothing wrong with the company as it exists right now," and that he's confident the BlackBerry maker will get past its current challenges.

Heins led the march of several executives who fanned out to media outlets in an effort to cast a positive glow on the company, which has been facing an increasing amount of negativity over its seemingly endless problems.

Last week, RIM shocked the market with another delay to its crucial BlackBerry 10 operating system which has been considered by many as a last-ditch effort to save the company. But that was only part of the bad news.

RIM also said it would lay-off about 5,000 employees as it slashes costs across the organization to contend with faltering sales of its BlackBerry smartphones and a quickly eroding stock price.

In morning trading on Tuesday, RIM's stock was down seven cents to $7.47 on the Toronto Stock Exchange.

Heins acknowledged the company faces a challenge to regain market share in the United States, but insisted RIM isn't in a "death spiral."

"There's nothing wrong with the company as it exists right now," Heins said on CBC's Metro Morning radio show.

Heins said the major changes RIM has made to its management and business objectives since he became CEO in January are part of a massive transition to a whole new technology platform.

He said sales in other parts of the world remain strong and argued the transition to the BlackBerry 10 will be a completely different way for RIM to address mobile computing.

But before that launch sometime early next year, RIM needs to survive the rest of 2012. Many analysts expect that will be particularly challenging as the company tries to market its older lineup of smartphones to savvy North American users who could easily switch to Android phones or the new Apple iPhone expected sometime this fall.

RIM is turning to its global customer base in hopes that will keep sales afloat in the meantime. Some of its older phones are still relatively new in some regions. THE CANADIAN PRESS

Canadian firms set sights on gold

A truck drives down a Pueblo Viejo mine in the Dominican Republic. Barrick Gold Corp. of Toronto and Goldcorp Inc. of Vancouver are poised to open one of the world's largest gold mining operations in a country where the industry has a toxic legacy of pollution that stained rivers a searing red and failed to lift the fortunes of the largely poor country. MANUEL DIAZ/THE ASSOCIATED PRESS

Market Minute

DOLLAR 98.77¢ (+0.55¢)

TSX 11,848.75 (+252.19)

OIL $87.66 US (+$3.91)

GOLD $1,621.80 (+$24.10)

Natural gas: $2.899 US (+7.5¢)
Dow Jones: 12,943.82 (+72.43)

Markets scandal

Barclays CEO, COO resign

Barclays Chief Executive Bob Diamond quit his job Tuesday in a financial markets scandal that has also seen the chairman announce his intention to resign and sown the seeds for another investigation into Britain's banking sector.

Jerry del Missier, appointed only last month as chief operating officer at the bank, resigned hours after Diamond left.

Both resignations took effect immediately.
THE ASSOCIATED PRESS

Lending. BMO predicts interest rate will stay low

The Bank of Montreal predicted Tuesday that the Bank of Canada will keep its key interest rate low for longer than it expected.

Economists at the bank are now predicting that the central bank will not raise its key rate until July 2013, six months later than their earlier prediction of January 2013.

The rate affects the prime lending rates at banks and in turn influences all kinds of interest rates including those charged to variable rate mortgages and lines of credit.

But BMO mortgage expert Laura Parsons urged prospective home buyers to choose fixed-rate mortgages, which are also near record lows.

"While interest rates have been at historic lows, the inevitable climb will happen," said Parsons. "Choosing a fixed mortgage can provide protection against rising rates and make the cost of owning a home more manageable in the long run."

Ottawa moved last month to tighten mortgage rules for the fourth time in as many years in an effort to cool the housing market.

The changes, which come into effect on July 9, include a cut to the maximum amortization period for government insured mortgages cut to 25 years from 30.

Bank of Canada governor Mark Carney has called household debt one of the biggest threats to the Canadian economy. The new rules should stem some fears around growing household debt that would otherwise push the Bank of Canada to increase rates sooner. THE CANADIAN PRESS

Revamp. Chuck E. Cheese gets makeover

Chuck E. Cheese has been given the pink slip.

The company that operates the chain of children's pizza restaurants is retiring the giant rodent's outdated image — and the man who voiced its character for nearly two decades.

CEC Entertainment Inc. says it plans to launch a United States ad campaign Thursday with a revamped image of Chuck E. Cheese as a hip, electric-guitar-playing rock star.

It's just the latest makeover for the 35-year-old mascot, which started life as a New Jersey rat who sometimes carried a cigar.

CEC Entertainment, based in Irving, Texas, is struggling to revive sales at its more than 500 pizza restaurants, which offer games, prizes and a musical variety show.

In May, CEC said revenue at its locations open at least a year fell 4.2 per cent in the first quarter and lowered its outlook for the year.

The new-look Chuck E. Cheese, mascot of the chain of kids' restaurants. THE ASSOCIATED PRESS

According to ShowBiz-Pizza.com, a Chuck E. Cheese fan site, the man who voiced the mascot in commercials since 1993 learned of his replacement only after coming across "Chuck's Hot New Single" online and realizing it was sung by someone else. The fan site late last week published a Facebook post by Duncan Brannan, the mascot's former voice.

Brannan could not be reached for comment. But in the post, he writes that part of his assignment when he first took on the role was to transform Chuck E. Cheese from "a joke-telling, sometime off-colour New Jersey rat" to a lovable, mainstream mouse.

The new Chuck E. Cheese that launches this week will be voiced by Jaret Reddick, the lead singer for the pop-punk band Bowling for Soup.

The details of Chuck E.'s new image will be unveiled this week.
THE ASSOCIATED PRESS

Online video

Netflix viewers surpass 1B hours

Netflix announced Tuesday that its subscribers watched more than 1 billion hours of online video last month as the advent of high-speed Internet connections and mobile devices change people's viewing patterns.

The rising usage of Netflix also indicates that the company's recent efforts to expand its Internet video library are paying off.
THE ASSOCIATED PRESSS

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Headphone-maker buys music service

Upscale headphone maker Beats Electronics is buying music subscription service MOG in an attempt to improve what goes into playback devices as much as what comes out of them.

Beats, founded by rapper Dr. Dre and recording executive Jimmy Iovine, has devoted its brand to high-quality sound. But headphones and speakers are limited in their ability to improve the sound of songs whose data is compressed to squeeze through narrow pipes like older cellular phone networks.

Beats hopes to use MOG to provide an end-to-end music experience that will help it compete against bigger subscription music rivals like Rhapsody and Spotify.

MOG's paying subscribers are estimated to be in the tens of thousands, compared to more than a million for Rhapsody in the U.S. and 3 million for Spotify worldwide.

"It's too early, I think ... to declare winners and losers," Beats president Luke Wood said in an interview. "I think the future of the marketplace is going to be defined by the greatest product and the best user experience."

Wood wouldn't limit plans for MOG to a race for higher fidelity. The company is looking at how to improve music discovery, curation, consumption and sharing.
THE ASSOCIATED PRESS

REGISTRATION: $68. RUNNING 'TIL YOUR LEGS ARE JELLY: PRICELESS

JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

I'm always looking for a new experience, so I've decided to sign up for a triathlon: swim, cycle, run; one immediately after another.

A lot of people are fierce and brave, and they like to tackle the Ironman triathlon, which consists of a 3.96-kilometre swim, a 180.25-km bike ride and a 42.2-km marathon, without any rest or dying in between.

I am not an iron man. More like a straw man, so I thought I'd start with a "sprint triathlon," which sounds very zippy, doesn't it? A sprint is to the Ironman what a Yaris is to an F-350 pickup: 700-metre swim, 20-km bike ride, 5-km run. There's less chance of sinking like a stone at about 2.57 km into the swim or falling off your bike into a ditch at 127 km, or wandering into traffic, dehydrated and disoriented, around 37 km in the marathon.

Still, this "sprint," which occurs on July 22 (why are my palms sweating already?) has its challenges, not the least being I've never done all three of these things in a row on the same day, and rarely in the same month.

The main challenge, as far as I can tell, is getting through the transition, which means getting from the pool and onto the bike, then off the bike and into running shoes, all while the clock is ticking. The "three Ts" are key to transition: towels, talcum powder and tugging, not necessarily in that order. It's also important not to get confused and cycle in your swim goggles or run in your bike helmet, all of which apparently happen. How would I know? I've never even watched a triathlon.

Which might lead you to ask why am I doing this? Well, it was either this or one of those river cruises along the Seine. Both of them involve going someplace exotic, like Paris or the pool at UBC. But the river cruise costs $7,000; registering for the triathlon? $68.

No contest.

Two weeks after the Point Grey Sprint Triathlon, on Aug. 7, is a similar event called the London Olympic Triathlon. While I'm just starting out, the great Canadian gold medallist (2000 Sydney Games) Simon Whitfield is in the twilight of his career and will be competing in one last Olympics before he retires, a geezer at 37.

Even though I can spot Simon a couple of years, once again, there are some similarities. Expectations are the key. On Aug. 7, the whole nation will be holding its breath hoping that Simon is able to win gold one last time. On July 22, my wife will be holding her breath hoping that I at least make it out of the pool.

OK. So what did you want for $68?

He's no Paul Sullivan, but Simon Whitfield, right, will still compete at the Olympics one last time. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Festival will make you wanna jump

PETER MACDIARMID/GETTY IMAGES

A Brit hit

London launches largest string of summer events

Elizabeth Streb's dancers perform in front of Tower Bridge at the launch of the Mayor of London Presents cultural events program on Tuesday in London, England.

The Mayor of London, Boris Johnson, launched an unprecedented program of free cultural events. From daredevil dancers choreographed by Elizabeth Streb to unusual car-park art exhibitions including the work of artists such as Jeff Koons, David Hockney and Andy Warhol for BMW ART DRIVE presented by the ICA.

This will be the biggest ever outdoor cultural festival the capital has seen, brought to you by the Mayor of London and London 2012 Festival.

To help visitors navigate through all of the excitement, the mayor also launched a free mobile phone app Tuesday, which provides users with information on the festival as well as the city's events, attractions and recommendations on the best restaurants. The app uses Google map technology for easy touring.

GETTY

What to do, what to do?

- **Nothing is Set in Stone** by award-winning composer and artist Mira Calix, incorporates an interactive sound system that allows visitors to experience the work through both touch and sound in the peaceful Fairlop Waters.
- **Fish Out of Water:** The English National Ballet and seven sisters group use dance, costume and camcorders to create an innovative performance at two iconic London venues.

From the mayor's office

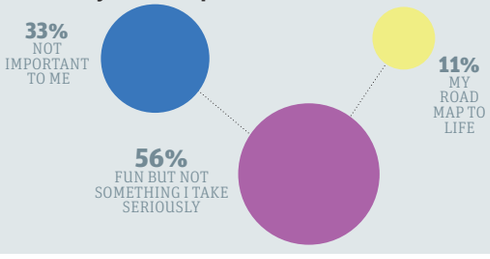
"There has never been a better time to explore London, not just the well-known attractions, but the wonderful local gems waiting to be discovered."

Mayor Boris Johnson said in a release.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Your daily horoscope is:



Twitter

@TBrack41: Great day in Regina! #RiderNation

@fredawesomeness: Yummy Go Riders! Hot dogs #ridernation

@Kanarisp: It's getting warm out there #yqr. It's 21 C. Get out there!

@burge97: Got another bag of Saskatchewan roughrider chips today #Ridernation #GoRiders

@the1andonlyjade: Good morning world, a beautiful day in #YQR. Have a great one cuz I kno I will #Blessed

@EjayBo: I just realize I've been listening to Be Alright by Justin Bieber the whole time this day.

metro

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SCENE

Marketing deal

Pitbull to Alaska: I know you want me

Miami rapper Pitbull might soon be chilling out in Alaska. In a marketing deal, Walmart will send Pitbull, a.k.a Armando Christian Perez, to the store that gets the most "likes" on its Facebook page. Right now, the leading candidate is Kodiak, Alaska. And there may be a reason. A writer for The Boston Phoenix newspaper thought it'd be funny to send Pitbull to the most remote Walmart possible, and is encouraging people to "like" the Walmart in Kodiak. It seems to be working. The Kodiak Walmart had more than 35,000 "likes" Monday, more than five times the town's population. Kodiak has a significant lead in the contest to land Pitbull, but actual numbers weren't immediately available, Walmart spokeswoman Sarah Spencer said. She says other Walmart shoppers have until July 16 to like their local stores and pull ahead of Kodiak. "I know Pitbull is hoping his Miami Walmart shoppers start liking their Facebook page," she said. That would require some heavy lifting, with one Miami location sitting tight with 45 "likes" Monday. "He's definitely coming to Kodiak if Kodiak wins," she said. It would be the rapper's first visit to Alaska.

THE ASSOCIATED PRESS

On the web

Dona Bailey, a rare female programmer in Atari's early days, recalls birth of Centipede

Why make a new film when you can recycle an old one?

Play it again, Sam. Hollywood has long been a fan of movie reboots. Spider-Man is the latest flick to get a an actor makeover

IN FOCUS
Richard Crouse
scene@metronews.ca

The adage, "The only constant is change," is only partially true in Hollywood. The list of recent movie reboots is as long as Lindsay Lohan's arrest record, and there's more on the way — we'll soon see new versions of Death Wish, Fletch and Highlander — but while the titles stay the same, the faces change.

This weekend, Peter Parker swings back into theatres, but instead of Tobey Maguire behind the familiar red-and-black-webbed mask it's Social Network star Andrew Garfield.

Not everyone is happy about the change. 1234zoomer commented on the new movie: "IS NOT GOING TO BE THE SAMEÒÒ WITHOUT TOBBY!!!," (her uppercase and spelling, not mine), but Maguire has been gracious, saying, "I am excited to see the next chapter unfold in this incredible story."

Whether the new Spidey acknowledges Maguire is yet to be seen, but at least one replacement had the manners to recognize their precursor on screen.

George Lazenby paid a tongue-in-cheek tribute to Sean Connery in On Her Majesty's Secret Service. After a wild battle to rescue Contessa Teresa (played by Diana Rigg) the new James Bond didn't get the girl. "This never happened to the other fellow," he says, looking dejectedly into the camera.

Former Bond Connery went on to co-star in The Hunt for Red October with Alec Baldwin playing Jack Ryan, a character later played by Harrison Ford and Ben Affleck.

It's rumoured that Chris Pine (who took over the part of Captain Kirk in Star Trek from William Shatner) will soon reprise the role.

The Batman franchise has also had a revolving cast. Since 1943 seven actors have played the Caped Crusader, including Lewis G. Wilson, who at 23 remains the youngest actor to play the character, and George Clooney who admits he was "really bad" in Batman & Robin.

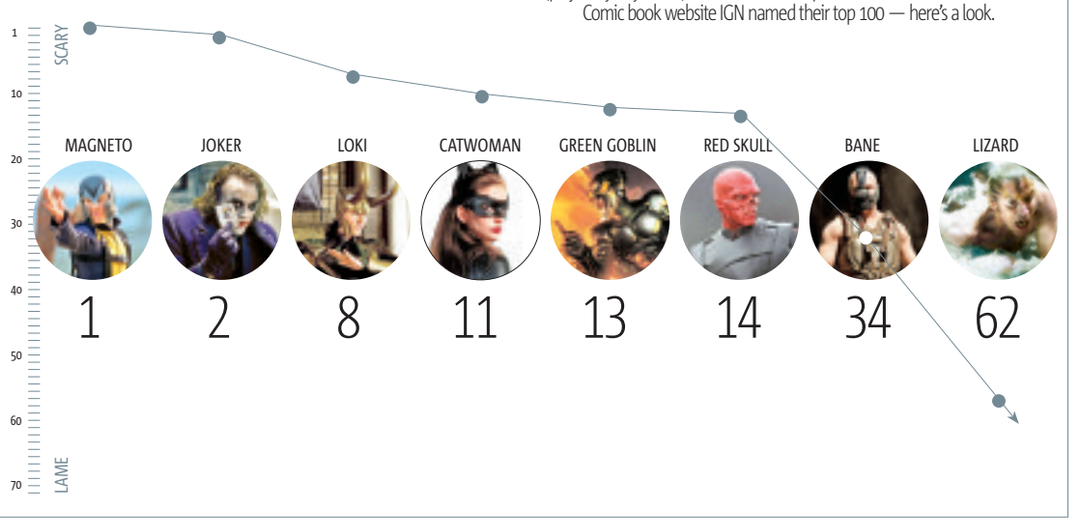
It's not only the Caped Crusader who changes from time to time. Harvey Dent, the handsome district attorney who turns into villain Two Face has been played by Billy Dee Williams, Tommy Lee Jones and Aaron Eckhart and The Dark Knight's Maggie Gyllenhaal took over the role of Rachel Dawes from Batman Begins star Katie Holmes.

Finally, Jodie Foster's take on FBI agent Clarice Starling in Silence of the Lambs was ranked the sixth greatest protagonist in film history on AFI's 100 Years... 100 Heroes and Villains list, but when she declined to reprise the role in Hannibal, Julianne Moore stepped in.

The Social Network's Andrew Garfield stars in The Amazing Spider-Man opposite Emma Stone. CONTRIBUTED

HOW EVIL IS THE LIZARD?

The bad guy in The Amazing Spider-Man is a scientist turned, well, lizard (played by Rhys Ifans). How does he compare to other comic book villains? Comic book website IGN named their top 100 — here's a look.



GRACIOUS GUY

Tobey Maguire has wished the new Spider-Man luck and said, "I am excited to see the next chapter unfold in this incredible story."

Katie Holmes ALL PHOTOS GETTY IMAGES

Holmes cut out of Tom Cruise's fortune

Kate Holmes filed for sole custody of daughter Suri. But one thing she won't be walking away with is tons of money, if you believe TMZ.

The site claims the stars' prenuptial agreement "cuts her out of his fortune" and a source says that's A-OK with Holmes.

"She's not about the money. She's not that girl. She loves to work," says the source. "Money is not that important to her. She makes plenty on her own."

Speaking of which, she's still working. Yesterday, she filmed an episode of the TV series Project Runway, according to People.com—without her wedding ring on.

Quoted

"She's not about the money. She's not that girl"

Source
On Katie Holmes

Justin Bieber

Bieber becomes a high school graduate

Justin Bieber has officially graduated high school, making everyone feel officially old.

The 18-year-old actually finished all his exams back in May, when he told the Daily Telegraph that graduating "was something my mom really wanted me to do. I mean, this kind of lifestyle has given me a different perspective on life."

Yahoo's omg blog says his name was indeed on the official list of grads at the St. Michael's Catholic School.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jennifer Hudson sings new Lullaby

RAISHAD HARDNETT
Metro World News

When many people think of Jennifer Hudson's singing style, they think of a thunderous, room-shaking tone. But now, with her new Pampers-inspired adaptation of the classic Lullaby and Goodnight, the multi-talented performer shows a gentler, sweeter side. We caught up with Hudson last week to discuss her new lullaby recording and how she balances being a mom and a superstar.

How did you incorporate your experiences as a mom into this lullaby?
(By) imagining putting my baby to sleep: What do you want to say to your child? What do you want them to hear before they fall asleep to soothe them, to calm them down? That's why I did it. Anytime he calls me, I say, 'That's my baby.' I always tell him, 'I love your hugs, I love your kisses.' So, I really took it from being a mom, and the real experience of that.

Is it difficult balancing motherhood with your work life?
It can be. That's why I love being from Chicago and living in Chicago. After we had our son, we decided we wanted to go back home, because to me that's what keeps you grounded. That's what keeps the foundation. And then you have family there, which is what keeps something normal, at least for him. I wanted him to have as much of a normal childhood as possible, and I felt like that was the best way to do that — by going back home. And although he is always in my world and watching mommy work, and seeing daddy wrestling — that's different, that will always make him grow up different — if he still has that base, that foundation that we had growing up, then that, to us, is what's important.

What advice do you have for new parents?
I remember when I first had my baby, I wanted all the guests to go home, but I was so terrified of being home alone with him. It's natural to be terrified, but it falls into place. You just fall into it.

Song

Download the song

- **Track.** You can download Jennifer Hudson's take on Lullaby and Goodnight for free at facebook.com/pampers.

Mel Gibson

Gibson at odds with family member

Mel Gibson, stepmother hater? The volatile star has been accused of terrorizing Teddy Joey Hicks Gibson, who married Mel's dad Hutton in 2001. She and Mel apparently disagree on how to treat their ailing father, who has health issues, according to thehollywoodgossip.com.

"Mel began yelling and saying, 'f— this, f— that' while levelling other extremely offensive language at me," said Teddy. Mel added: "not to f— with (Hutton's) treatments."

Alec Baldwin

Alec Baldwin feeling generous

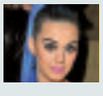
Just days after tying the knot with his yoga instructor, Alec Baldwin donated $1 million to the New York Philharmonic. The gift is in honour of outgoing President and Executive Director Zarin Mehta.

The 30 Rock actor is a Philharmonic board member and hosts its radio show, The New York Philharmonic This Week. He said in a statement Monday that Mehta made his dream of becoming part of the world of classical music come true. Mehta said Baldwin's "remarkably generous gift is just the latest in his steadfast and inspiring support" of the Philharmonic.

THE ASSOCIATED PRESS

Twitter

@amber_benson
Am annoyed that I will forever see myself backwards in every mirror that I look into.



@katyperry
I'm jet lagged but no I won't quote my own song.#jesustakethewheeltoday !

@ParisHilton
Packing for #Ibiza.#YES! Can't wait! Most magical island on earth! Loves it!

@alecbaldwin
Nothing. He quit Twitter. Again.

3 LIFE

Travel in brief

Most Canucks plan to hit the road in summer

An online survey of more than 1,500 people across Canada finds 55 per cent plan to take a vacation this summer. The Leger Marketing poll, conducted last week and released Friday ahead of the Canada Day long weekend, found the average spending target for those who do plan to vacation in July or August was about $1,700. Respondents from Alberta had the highest vacation budget, averaging nearly $2,300 while Quebec residents had the lowest spending target, at just over $1,300. Canada was the preferred destination for 74 per cent of those planning a vacation while the United States accounted for most of the remainder. The online poll was conducted last week for CIBC, one of the country's big banks. "It is great to see that so many Canadians are planning to explore Canada this summer by spending their vacation dollars here at home," said Colette Delaney, an executive vice-president at CIBC. The survey was conducted from June 18 to 20. A national poll of this size is considered accurate to within 2.5 percentage points, 19 times out of 20.

THE CANADIAN PRESS

On the web

Midweek July Fourth means confusion for travellers, businesses; Americans seen spending less

5 ways to keep the fun in your family vacation

Evil glares at the airport security line, jam-packed yesterdays that lead to too-tired-to-take-another-step todays, and kids offering TMI to the customs officials. It's no wonder parents get the shakes at the thought of a family vacation. Trust me, I know. My husband and I just spent more than 365 days with our two sons under the age of 10 on an around-the-world trip. Sure, there were moments when my sanity was questionable, but by the time we got home we were all a little wiser about how to make sure we made it through. My hard-learned lessons are your gain. These five tips will help replace your family's whines of "are we there yet?" with, "is it over already?"

TEXT AND PHOTOS BY HEATHER GREENWOOD DAVIS
life@metronews.ca

1 Don't let stressful moments steal your memories

Where we learned it: Beijing, China.
The mission was to meet our phenomenal guide at the Forbidden City. We should've been there by nine. At 10, we were still standing in pouring rain trying desperately to hail a cab. When we finally found one and agreed on the exorbitantly high overcharge, we had the ride of our life. Thrilled with his windfall the driver regaled us with broken English stories that we still giggle at today. We eventually saw and were amazed by the Forbidden City but nothing compared to the taxi ride over.

2 Pack less stuff

Where we learned it: The Mekong Delta in Vietnam.
Nothing will make you glad you didn't pack six pairs of shoes and three party dresses for a weekend away as a $6 deal on a lug-your-own-suitcase boat trip. There isn't a place in the world that doesn't have a laundry washing system or a place you can buy something in an emergency. We toured the world with one rolling bag and one backpack each. Sure it meant we weren't the most stylish family out there, but not once did we have to turn down an adventure because of our luggage.

3 Ditch the routines you can; adjust the ones you can't

Where we learned it: Cairo, Egypt.
At home the kids go to bed at 8, breakfast is at 7 and new friends are rare. On this trip? Bedtime was when they fell asleep, breakfast could include ice cream and every day there was the possibility of adding a new friend. We told the kids it was an adventure and they thrived. So much so that when, in Cairo, we found ourselves playing table tennis on a street corner at midnight and no one blinked an eye. It turns out kids aren't as desperate for routine as we think and sometimes the thrill of a broken routine is exactly what the doctor ordered.

4 Bring your phone

Where we learned it: Philadelphia, Penn.
We're so connected at home that a summer vacation can seem like the perfect time to disconnect. Do it if you must but remember that it's not the phone that's the problem, it's what you do with it and how often. Our trip was changed for the better because we had access to Twitter, Facebook and YouTube along the way. We got breaking news, travel advice and insider tips on the spot and met people online who we now count among our closest friends. Maybe the trick is not to stay connected but to get connected when you need to and to stay open to the possibilities of social media.

5 The family that stays together loses their collective minds

Where we learned it: France.
We went to the Eiffel Tower twice but the kids were still itching to climb it; I was not. So we made a deal and while my husband took them to the top, I roamed the Champs Elysees. The result was a happier mom at the end of the day and a dad who knew I owed him one. (He cashed in with a boys night later on no questions asked.) While recharging your mojo remember to keep the self-imposed guilt to a minimum. There's nothing in the family vacation rulebook that says you aren't entitled to a vacation too.

Grilled Chicken and Creamy Curry Sauce turns up the heat

This recipe bathes boneless, skinless chicken thighs in a delicious curry marinade. The thighs then get tossed on the grill.

Meanwhile, a bit of the marinade (which was reserved before the chicken was added) is blended with low-fat sour cream for a rich condiment to be dolloped on the chicken after it comes off the grill. The result is a moist and richly flavoured chicken curry that is as comfortable solo on a paper plate at a barbecue as it is on a plate of rice indoors.

Ingredients

- 1 cup chicken broth
- 1 small onion, quartered
- 1/2 head garlic, cloves peeled
- 1-inch chunk fresh ginger
- 1-inch chunk fresh turmeric
- 2 sprigs fresh curry leaves
- 2-inch cinnamon stick
- 1/2 tsp cumin seeds
- 1/2 tsp black peppercorns
- 1/4 tsp ground coriander
- 1 tsp salt
- Juice of 1/2 lemon
- 1/4 cup honey
- 1 1/2 lbs boneless, skinless chicken thighs
- 1 cup low-fat sour cream

1. In a blender, combine the chicken broth, onion, garlic, ginger, turmeric, curry leaves, cinnamon stick, cumin seeds, peppercorns, coriander, salt, lemon juice and honey. Puree until very smooth. Transfer a third of the mixture to a small saucepan and set aside.

2. Pour the remaining mixture in a large zip-close plastic bag. Add the chicken thighs, then seal the bag and gently massage to ensure all of the meat is coated by the marinade. Refrigerate for at least 30 minutes, or up to overnight.

3. Meanwhile, set the saucepan of reserved marinade over medium heat. Bring to a simmer and cook until reduced and quite thick, about 10 minutes. Set aside to cool.

Grilled Chicken with Creamy Curry Sauce

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

4. When ready to cook, heat the grill to medium-high. Coat the grates with oil using an oil-soaked paper towel grasped with tongs.

5. Remove the chicken from the marinade. Discard the marinade. Place the chicken on the grill and cook for 6 to 7 minutes per side, or until the meat reaches 165 F.

6. While the chicken cooks, in a small bowl combine the reserved marinade and the sour cream. To serve, drizzle the sour cream mixture over the chicken.

THE ASSOCIATED PRESS

Drink of the Week

Strawberry Sangria

- 1 bottle (750 ml) dry white wine (Chardonnay, Pinot Grigio)
- 125 ml (1/2 cup) orange liqueur
- 30 ml (2 tbsp) granulated sugar
- 750 ml (3 cups) quartered local strawberries
- 250 ml (1 cup) white cranberry juice
- 250 ml (1 cup) chilled lemon-flavoured sparkling water
- Mint sprigs, for garnish

In a large glass pitcher, combine wine, orange liqueur and sugar; stir until sugar is dissolved. Add strawberries and juice. Refrigerate until chilled. Just before serving, stir in sparkling water. Fill each glass with ice cubes; pour sangria over top. Garnish with mint sprigs. THE CANADIAN PRESS/ FOODLAND ONTARIO

Southern Fried Chicken gets kick with spicy Creole sauce

1. In bowl, whisk in buttermilk, salt and curry powder until salt dissolves. Coat chicken in mix and cover for exactly 1 hour.

2. Whisk flour, baking powder, thyme, pepper, corn starch and garlic powder in a large bowl. Remove the chicken from buttermilk mix, coat with the flour mix and lay on wire rack that is set over a baking sheet.

3. Place oven rack in middle of oven and preheat to 200 F/ 93 C.

4. Pour 1 inch of oil into Dutch oven and heat to 375 F /190 C. Add half of chicken, skin side down. Cover and cook until deep golden brown on first side, 10 minutes.

5. Turn chicken over and continue to fry 7 mins. or until a deep golden brown. Uncover while maintaining an oil temperature of at least 315 F/ 160 C.

6. Transfer to paper towel lined plate; drain 5 mins. Place on wire rack over baking sheet in oven to keep warm.

This recipe serves four. NEWS CANADA

7. Add additional oil to pot as needed. Return the oil to 375 F/190 C and complete the remaining chicken.

8. Sauce: In skillet, roast Cajun spice, add red peppers and sauté 1 min. Deglaze pan with white wine and reduce to half. Add cream and reduce to half. Season with salt and pepper. Serve with chicken.

NEWS CANADA

Ingredients

- 4 cups (1 L) buttermilk
- 3 tbsp (45 g) salt
- 2 tbsp (30 g) curry powder
- 4x4 lbs (2 kg) bone-in chicken pieces
- 5 cups (1.25 kg) flour
- 5 tsp (25 g) baking powder
- 5 tsp (25 g) dried thyme
- 1 tsp (5 g) pepper
- 5 tbsp (75 g) corn starch
- Pinch of garlic powder
- 6 cups (1.5 L) canola oil

Red Pepper Creole Sauce

- ¼ cup (125 ml) heavy cream
- 2 tbsp (30 g) Cajun spice
- ¼ cup (125 ml) white wine
- 1 Ontario greenhouse red pepper, seeded and diced
- ¼ cup (125 g) fresh cilantro
- Salt and pepper to taste

Spicy Rib Dinner. Unique sauce offers flavour burst

1. Combine soy sauce, citrus juice, zest, ginger and garlic in a blender and process to a smooth paste. Spread paste over both sides of ribs and marinate in a refrigerator, 7 hours.

2. Combine dry spices in a blender and grind to powder.

3. Remove ribs from marinade and blot dry with paper towels.

4. Preheat oven to 200 F/ 93 C. Rub spice mix on both sides of ribs. Place the ribs in a pan with the orange juice and braise for 6 - 8 hours.

5. Preheat grill to medium/ high heat. Place ribs on grill and glaze with the roasted tomato ginger barbecue sauce.

6. Barbecue Sauce: Preheat oven to 350 F/149 C. Arrange tomatoes on a baking sheet and sprinkle with brown sugar. Roast tomatoes 1.5 hours. Put all ingredients in blender; process until smooth. NEWS CANADA

Ingredients

- 2 racks of baby back ribs
- 2/3 cups (158 ml) soy sauce
- Juice and grated zest of one orange, lemon and lime
- 1 tbsp (15 g) ginger, minced
- 2 cloves garlic, minced
- 1 tbsp (15 g) sweet paprika
- 2 tsp (10 g) each of Szechuan peppercorns, coriander seeds, cumin seeds & mustard seeds
- ½ tsp (3 g) cayenne pepper
- 2 tsp (10 g) brown sugar
- 2 tsp (10 g) salt

Barbecue Sauce

- 2 oz (336 g) ripe tomatoes
- 1 tbsp (15 g) ginger, minced
- Dash of lemon zest
- 1 hot chili, seeded
- 2 green onions, both white and green parts finely chopped
- 1 clove of minced garlic
- 2 tbsp (30 ml) soy sauce
- 2 tbsp (30 ml) sweet sauce
- 2 tbsp (30 ml) honey
- 1 tbsp (15 ml) rice vinegar
- 2 tsp (10 ml) lemon juice
- ½ cup (125 g) brown sugar
- 4 tbsp (60 g) mustard

Casting your net, making it work: Turn every meeting into magic

Social secrets. A step-by-step guide to turning a handshake into 'you're hired'

JELEEN YU
TalentEgg.ca

Feeling a little puzzled? Don't overcomplicate your conversations. Keep them light, yet focused. ISTOCK

For most people, networking is pretty much a necessary evil. For Piotr Makuch, it's a little closer to crazy.

"The idea that people should go and network is insane," says the fourth-year Ryerson University student.

It's a radical thought for someone in his position, but not for the reasons you might think. As an online marketer and vice-president of external communication for Students in Free Enterprise (SIFE), Piotr regularly interacts with people, both in person and online.

Unlike most, though, he considers every moment and meeting — chance or planned — an opportunity to make a meaningful connection. He suggests looking at networking not as a work-related requirement, but as a way of life.

"We're actually always networking without knowing it," the sociology major explains. "We only call it 'networking' when someone with a job shows up; the rest of the time, it's just a conversation. But that shouldn't be the case, because every moment is a networking opportunity."

Here, Piotr shares his advice for job seekers looking to navigate the often-murky waters of the networking world, including his three-step method to getting the most out of every interaction, whether personal or professional.

Step 1: Plan

Goals are important. Even if you aren't sure of what you want, it's important to have a sense of direction to keep you focused. Planning will make any conversation easier because you'll have a sense of where you want the conversation to eventually end up.

Ready-to-go versions

"We only call it 'networking' when someone with a job shows up; the rest of the time, it's just a conversation. But that shouldn't be the case, because every moment is a networking opportunity."
Piotr Makuch

Never underestimate the fundamentals. Networking is about connection and you can't do that until you're able to answer the question of who you are and what you're about in a direct and concise manner. Master and own your elevator pitch. If you don't know what you want, no one else will either.

Step 2: Interact

Networking is like dating. You want to get to know the other person in a short amount of time, so make sure to pose plenty of the right questions. Your needs will define the questions that you ask, and the conversation will be shaped by what you choose to talk about. Make sure to take away at least one unique point from every person you meet so you can start the conversation again outside the immediate context.

During the conversation you should be reflecting everything back at the person to get to know them better. That way, you're never talking about one thing for too long, and the conversation will just flow naturally. Maintain a light — but focused — conversation.

Step 3: Follow up

Think of the follow-up as a continuation of that first encounter — your approach will be defined by how the original conversation went. Use the key points you took earlier to remind your contact of who you are and what you both talked about, and keep the message consistent with your goals. As a rule of thumb, make sure to send your note within 24 hours. Keep your online life in line

More conversations are happening online, professionally through LinkedIn and more casually through Twitter and Facebook. Make sure your online presence is in order and ready for those opportunities when they arrive.

JELEEN YU IS A WRITER AND EDITOR FOR THE NEWSLETTER OF A NON-PROFIT MICROFINANCE ORGANIZATION IN THE PHILIPPINES CALLED KFI (KAALALAY FOUNDATION, INC.).
TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Twitter

@TalentEgg
What's the best advice you have ever received from a mentor?

@CGA_Ontario
There's nothing wrong with setting lofty goals. Enjoy the pursuit

@daniellelorenz
Not all that glitters is gold; not all those who wander are lost (technically from a book...but meh).

@lauralux
"Work hard, be kind and amazing things will happen"

@NicoleRashotte
Start showering more often

@Aneesh_L
Learn when to say no. Can't take on everything. Focus and success will follow.

Can I order a job with that?

Lunch lesson. Any business meal can turn into an opportunity. Be prepared.

ISHANI NATH
TalentEgg.ca

There are ways to stay connected without picking up your cell. ISTOCK

It's the other type of brunch and it's not nearly as relaxing. Business lunches are a major part of corporate culture.

The biggest mistake that young hires make at business lunches is assuming that being out of the office means they are no longer in a professional setting, says Linda Allan, a professional etiquette expert and president of Linda Allan Inc. "It doesn't matter how formal or informal the setting, the same standard of etiquette applies."

What standard is that you ask? Well, let's start at the beginning.

Pre-lunch

Dress appropriately. If you're going straight from work, this shouldn't be a problem, but if you're meeting someone, make sure you leave the plaid shirt and short shorts behind. Business lunch means business wear.

Show up early

Punctuality and professionalism go hand in hand and the best way to avoid being late is to show up a bit early. Allan recommends arriving around 10 minutes before your meeting. If you get to the restaurant before your host, wait in the lobby area. Don't get seated until your lunch partner has arrived.

TalentEgg Tip

- For that added touch, Allan recommends sending a handwritten card after the meeting to thank your host for lunch. It doesn't have to be fancy, just a few sentences to show your appreciation and leave a more memorable impression on your host.

What's on the menu?

When it comes to ordering, play follow the leader. If your host orders a salad, don't order the filet mignon. Try to match the price point and number of courses as your dining buddy.

The same rules apply for drinks. If your host orders alcohol, Allan says students can order a "big kid" drink as well, but at a lunch, it's by no means necessary. If you decide to sip on the good stuff, limit yourself to one order and drink it slowly.

Talking shop

The host generally decides when it's time to get down to business, says Allan, "all you have to do as an invitee to the lunch is follow the lead of the host." If you have questions that you really want answered, wait until after you've ordered and given your menus to the waiter. That will allow enough time for small talk and ensure that you get your answers.

Formal goodbye

The host will signal the end of the lunch, so again, just follow the leader. When the time comes, make sure to get up, shake their hands and thank them for their time. Much like a good dessert, you want to make sure that you end the meal sweetly.

ISHANI NATH IS AN ASPIRING WRITER WHO IS LEARNING THE COMPLEXITIES OF THE CRAFT IN RYERSON UNIVERSITY'S MASTER'S OF JOURNALISM PROGRAM.
TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Student Voice

Mind your own business!

Barbori Streibl
Student
Bachelor of Fine Arts in Painting and Drawing
Academy of Art University
TalentEgg.ca

Being a post-secondary student certainly has demanded (and still does) a lot of my time, energy, and concentration. However, starting my own business while still in school has definitely been worth the extra time, energy and concentration that I have invested into starting my own company, BG Mountain Studio, in September 2010, and co-founding Sunny Bay Arts with my mom in January 2011.

I feel that by starting my own business, I will have a well-established business and a guaranteed job to work at after I finish my degree. Starting my own business has taught me many things along the way, which are all skills that I can use in any job that I may have in the future.

Where I am now

I am currently a full-time student in my last year of a Bachelor of Fine Arts program majoring in painting and drawing. In addition to being a full-time student, I work part-time for both Sunny Bay Arts, which I co-own, and for BG Mountain Studio, which I own.

My recommendations for employers

Career centres and schools should offer two or three-hour seminars every few months which would show students the steps to take to start and set up their own business. Inviting small business owners to present these seminars would be a great way for students to ask questions directly and learn from someone who has set up their own business.

TALENTEGG.CA, CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

Andy Murray serves against Marin Cilic of Croatia Tuesday at Wimbledon. CLIVE BRUNSKILL/GETTY IMAGES

Great expectations for Britain's Murray

Wimbledon. May finally be Andy Murray's year after easy win against Cilic, exit of Nadal

The lofty expectations placed on Great British Hope Andy Murray every year at Wimbledon ramped up several notches following Rafael Nadal's surprising exit.

So far, Murray is coping pretty well.

Even when dealing with a rare venture away from Centre Court, the fourth-seeded Murray easily dispatched Marin Cilic between rain showers in the round of 16 on Tuesday, showing no sign of the increased pressure he has been under since Nadal opened up the bottom half of the draw by losing to the unheralded Lukas Rosol in the second round on Thursday.

Murray was given a standing ovation by a jubilant Court One crowd after his 7-5, 6-2, 6-3 victory over Cilic, who won the grass-court Queen's Club title in the run-up to Wimbledon.

Murray is now just two wins away from becoming the first British man to reach the final at the All England Club since Bunny Austin in 1938. Next up is a quarter-final match against seventh-seeded David Ferrer, who reached Wimbledon's last eight for the first time with a victory over 2009 U.S. Open champion Juan Martin del Potro.

Given the domestic hype surrounding Murray, it promises to be the standout match of the four all-European quarter-finals Wednesday.

Also on Tuesday, Florian Mayer of Germany beat Richard Gasquet to set up a match against top-seeded Novak Djokovic.

Germany will have two players in the quarter-finals after Philipp Kohlschreiber beat Brian Baker, ending the American's remarkable run at his first Wimbledon. Kohlschreiber will play fifth-seeded Jo-Wilfried Tsonga of France, while the other quarter-final will be No. 3-ranked Roger Federer against Mikhail Youzhny — who both had time to complete their wins Monday before rain stopped play in the other five fourth-round matches.

THE ASSOCIATED PRESS

Women's results

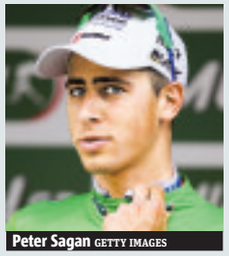
- Serena Williams ousted defending champion Petra Kvitova to reach the Wimbledon semi-finals. She will face second-ranked Victoria Azarenka.
- Agnieszka Radwanska will face Angelique Kerber in the other semi.

Tour de France

Sagan wins third stage, Cancellara still holds lead

Pumping his arms in victory, Peter Sagan of Slovakia won the crash-marred third stage of the Tour de France on Tuesday as the race returned home.

Fabian Cancellara of Switzerland remained the overall leader for a fourth straight day. The cyclists, who opened in Belgium, completed a 197-kilometre ride from Orchies that featured five small climbs to an uphill finish in the fishing port of Boulogne-sur-Mer. THE ASSOCIATED PRESS



Peter Sagan GETTY IMAGES

Boxing

Pacquiao loss deemed legal

Nevada's state attorney general found nothing illegal or criminal in Manny Pacquiao's controversial split-decision loss to Timothy Bradley in a welterweight title fight last month in Las Vegas, according to a letter made public Tuesday.

Interviews with the referee of the June 9 fight, two Nevada Gaming Control Board officials and state Athletic Commission director Keith Kizer turned up no evidence of wrongdoing, state Attorney General Catherine Cortez Masto said in the letter to Top Rank chief executive Bob Arum.

THE ASSOCIATED PRESS

NHL. Jagr signs $4.55M deal with Dallas Stars

Jaromir Jagr could be the next big thing in Texas.

The unpredictable winger landed in an unexpected destination, signing a $4.55-million US, one-year deal with the Dallas Stars on Tuesday. Even at age 40, Jagr arrives with big expectations after putting together a 54-point season in Philadelphia following a three-year hiatus in Russia.

"Jaromir Jagr is, without a doubt, one of the best players in the history of this league, and he demonstrated last season that he remains incredibly skilled, productive and valuable," Stars general manager Joe Nieuwendyk said in a release. "We see him fitting into our top two lines and contributing heavily to our offensive attack."

Jaromir Jagr GETTY IMAGES

THE CANADIAN PRESS

NBA

Deron Williams goes to Brooklyn

Deron Williams is staying with the Nets.

The all-star point guard said on his Twitter page Tuesday that he "made a very tough decision today" and posted a picture of the new team logo that accompanies the Nets' move from New Jersey to Brooklyn.

A person with knowledge of the decision said Williams told the team he's accepting their five-year contract worth $98 million.

Williams chose to stay with the Nets over signing with his hometown team, the Dallas Mavericks.

THE ASSOCIATED PRESS

NHL. Devils re-sign Salvador for three years

Defenceman Bryce Salvador, a key cog in New Jersey's run to the Stanley Cup finals, re-signed with the Devils on Tuesday. Salvador, 36, received a three-year deal, worth $9.5 million US.

Teamed up with Marek Zidlicky, a midseason acquisition from Minnesota, Salvador found his groove in the playoffs, as the Devils defeated the Panthers, Flyers and Rangers en route to their first Eastern Conference title since 2003. He finished second in post-season scoring among defencemen.

New Jersey, a No. 6 seed that went 14-10 in a surprising post-season run, has brought back Martin Brodeur and Johan Hedberg in net. They also locked up the entire fourth line — a makeshift group that found spring success and featured Ryan Carter, Steve Bernier and Stephen Gionta — as well as defenceman Peter Harrold, who was in and out of the lineup during the four playoff series. THE ASSOCIATED PRESS

By the numbers

14

Bryce Salvador had four goals and 14 points in the post-season after a regular season in which he failed to find the net once.

4 SPORTS

Quoted

"I'm gonna be a kid in a candy store carrying four other kids in a candy store."

Atlanta's Chipper Jones, who said he immediately thought about his children when he was told by Braves general manager Frank Wren on Tuesday that he would replace Dodgers outfielder Matt Kemp on the NL all-star roster. Jones had been a candidate to be voted onto the team by fans in baseball's Final Vote campaign. Instead, Jones, 40, is replacing Kemp, who is on the disabled list with a hamstring injury but plans to participate in the all-star home run derby.

NBA

Raptors make move to sign Fields

The Toronto Raptors reached a verbal agreement on an offer sheet with restricted free agent guard Landry Fields on Tuesday. Fields averaged 8.8 points and 4.2 rebounds a game last year with the New York Knicks. The Raptors can't make the offer sheet official until July 11.

THE CANADIAN PRESS

Mobile news

NFL commissioner Roger Goodell shot down appeals from four players suspended in connection with the league's bounty investigation of the New Orleans Saints on Tuesday. Scan the code for the story.

5 DRIVE

This Porsche is a road-trip ready ragtop

TORSTAR NEWS SERVICE

What Owners Like

The Boxster excelled where day-to-day functionality was concerned — offering two trunks, easy entry and exit and good fuel economy. Style, exclusivity, performance and driving pleasure rounded out the package.

What Owners Dislike

Complaints tend to centre on a stiff ride, limited on-board storage and cluttered control layout.

On the Web

Scan code for more car reviews and news

Second Gear.

2005 to 2012
Porsche Boxster

JUSTIN PRITCHARD
drive@metronews.ca

The Boxster cranked up Porsche sales with its promise of 'fun-in-the-sun' motoring, efficient performance and relatively affordable access to the German automaker's heritage.

Despite its two-seat body, Boxster's mid-mounted engine enabled the placement of a trunk in both front and rear, making this compact ragtop ready for a road trip.

Feature content included xenon lights, Bose audio, remote access, cruise control, a driver computer, Bluetooth, navigation, heated power seats and more.

Engine

All models got a flat-six engine, ranging in displacement between 2.7 and 3.4 litres and boasting power output ranging from 240 to just over 300 horsepower.

Common Issues

Approach any used Boxster checking for signs of electronics or wiring-related problems. Before your test-drive, ensure all motorized or electronic features work as expected — including the stereo, power seats, climate control system, instrument cluster and lights.

Inspect the convertible top for proper operation in both directions, and question any used model with signs of damage to the roof, or any abnormal smells inside that could indicate a leaky top. Some reports of engine failure in earlier models were reported and are well documented online.

An extended powertrain warranty is a good idea if available on a pre-2009 Boxster.

Verdict

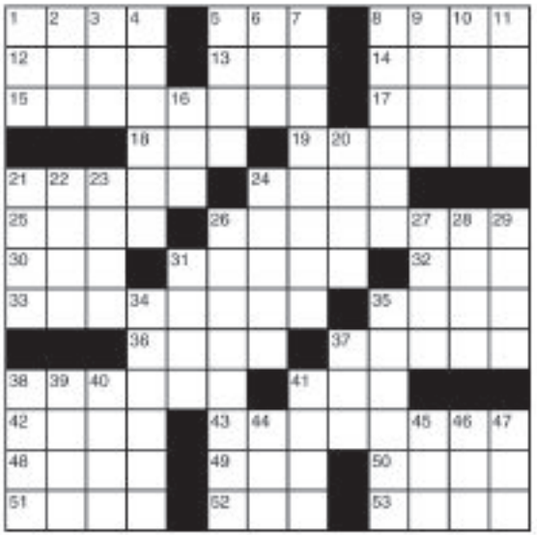
As with any used Porsche, purchase, maintenance and running costs are relatively high — though a world-class driving experience is the reward.

Across

1 Lovers' quarrel
5 Badly illuminated
8 Georgetown athlete
12 Head light?
13 Addressee
14 Idolaters' poetry
15 Pachyderm
17 Staff member?
18 Cacophony
19 Spain and Portugal
21 Utter confusion
24 Responsibility
25 Breathing organ
26 Vote
30 Grecian receptacle
31 Elbows' counterparts
32 Carnival city
33 Lift
35 Cookware
36 Yale students
37 Tearjerker need (Var.)
38 Yarn-fineness measure
41 London atmosphere
42 "American —"
43 Grandeur
48 Malaria symptom
49 Placekicking prop
50 Recess
51 Give temporarily
52 Still
53 Eyelid problem

Down

1 That girl
2 Crony
3 Pub order
4 Big kahuna
5 Actress Cannon
6 Charged bit
7 Rebellious sailor
8 Truthful
9 Stench
10 Bigfoot's cousin
11 On the briny
16 Possessive pronoun
20 Tampa Bay team, for short
21 Hint
22 Pitch
23 Daughter of Elizabeth
24 Dairy-case wares
26 Whole
27 Tehran's land
28 Sty cry
29 Inquisitive
31 Hardy cabbage
34 Concealed in mystery
35 Irreligious people
37 Glutton
38 "Don't touch that —!"
39 Advantage
40 It may be a common object
41 Yard trio
44 Marvin or Majors
45 "To be or — ..."
46 Shyly flirtatious
47 — out a living



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6		5	9				4	
			1	6		2		
8					3			
7							8	6
5		2				4		3
3	1							9
			7					4
		9		5	4			
	5				6	7		8

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

H A D E Z M W V R Q W V P P H S N

L M L V W R H S M F W M Y D

A W V S Y D , R E C V L V E L K V C H N Q U

F K M H C D E Z ' W V E S M U V M W .

Yesterday's Cryptoquip: WHEN VICE PRESIDENT AARON BECAME HUNGRY, YOU MIGHT SUPPOSE HIS FAVORITE FOOD WAS A BURR-ITO.

Today's Cryptoquip Clue: W equals R

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. You know what needs to be done and you know you have what it takes to make a good job of it — so what are you waiting for? Act now!

Taurus | April 21 - May 21. You may be having second thoughts about a project you are involved with, but planets warn it'd be wrong to make changes at this stage.

Gemini | May 22 - June 20. What people say and what they mean will be two different things today. Assume that nothing you hear can be taken for granted.

Cancer | June 21 - July 22. You may find yourself at a loss to explain why certain things are happening but your senses tell you they are, so all you can really do is decide how to react. Doing something is better than doing nothing.

Leo | July 23 - Aug. 22. Mercury in your sign will help you outsmart those who think you can be easily manipulated. They're wrong.

Virgo | Aug. 23 - Sept. 22. Chances are you will mislead yourself about something today — the kind of thing that 99 times out of 100 would not fool you at all.

Libra | Sept. 23 - Oct. 22. You know your way of looking at the world is best but you won't be able to convince loves ones and work colleagues of that today. They have as much right to be wrong as you.

Scorpio | Oct. 23 - Nov. 21. You will hear something you do not agree with today but don't make an issue of it. Others can rant and rave, and make fools of themselves if they so wish, but you know it is better to be self-controlled.

Sagittarius | Nov. 22 - Dec. 21. Today's cosmic activity will encourage you to focus on down-to-earth matters such as how to pay the bills and make ends meet.

Capricorn | Dec. 22 - Jan 20. Do whatever it takes to avoid feelings of doom today. If you get stuck in a bad mood now, you may not be able to snap out of it until the weekend at the earliest.

Aquarius | Jan. 21 - Feb 18. Don't try to second guess partners and loved ones today because there is a danger you will get it wrong.

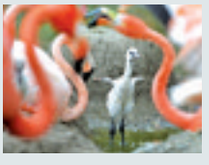
Pisces | Feb. 19 - March 20. You may think you know what's going on at work, but do you? Mercury's link to Pluto warns you may have logic twisted, so try to stand back from the situation and see the wider picture. **SALLY BROMPTON**

Caption Contest

"Help! I've pollen and I can't get up!"
Amanda

TRI-CITY HERALD, BOB BRAWDY/ THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

metro

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